



FIRST SEMESTER OF 2005/2006 ACADEMIC YEAR

YEAR ONE - SEMESTER 1

COURSE CODE: PES111

COURSE TITLE: HISTORICAL AND PHILOSOPHICAL FOUNDATIONS OF PHYSICAL EDUCATION.

COURSE OUTLINE

COURSE OBJECTIVES

The course is aimed at guiding students to know;

- a. how physical education developed
- b. philosophical principles of physical education and how these principles can be applied to modern day trends.

COURSE SCHEDULES

1. Introduction to History and Philosophy of Physical Education.
2. Definition of Physical Education.
3. Definition and Meaning of Philosophy.
4. Philosophical Thoughts and their application to Physical Education.
 - Idealism
 - Pragmatism
 - Existentialism
 - Realism
5. History of Physical Education
 - Pre-Education contact
 - Physical Education in Ancient Greece:
 - Athenian Greece and the Spartan Greece
 - The Ancient Olympic Games.
6. The Development of Physical Education in Ghana:
 - Period before European contact - Pre colonial
 - During European contact - colonial
 - Post European contact - Post colonial
7. Physical Education in Germany:
 - Basedow Bernhard Jahn
 - Guts Muths Christoph Fredrick
 - Jahn Ferderich Ludwig
 - Spies Adolp

References

Daryl Siedentop, et al (1984), Elementary Physical Education Methods

Charles Bucher, (1985), Foundations in physical education

Bucher Wuest (1995), Foundations in physical education.